

DR. PEGGY WOODS

QUOTES  
FOR  
POWER  
THINKING

ENCOURAGING WORDS FOR  
EMPOWERING YOUR LIFE

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**QUOTES FOR POWER THINKING:**

by Peggy Woods

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Think about you want because positive visualization will make you happy.

The mind relays endless possibilities daily. Choose the ones you want to manifest and think about those.

Many people live with regret due to unfulfilled dreams. Live your God-given dreams, with no regrets.

Believe the vision is attainable. Speak of its existence. Write it down, and take action.

Thoughts that say, "I can't do this." "I am afraid," and I am going to fail." or "I don't have the time" are fruitless.

Keep going because your belief in the vision can drive you to an expected end.

Speak to your visions, dreams and goals, and make them happen.

Reach back to your childhood and reclaim your vision.

If you don't want your emotions to dictate your actions, it's best to set boundaries around them.

Be an optimist. Look at events and circumstances positively and expect productive results.

Acknowledging your blessings, helps to keep negative thoughts away.

You cannot have two thoughts at the same time, discard the negative one, and concentrate on the positive.

Taking responsibility for your emotions and releasing the negative ones are ideal for experiencing more happiness and better health.

If you decide when you wake up in the morning, to have a beautiful day. You will most likely have one.

Talk to people who encourage you and you will be encouraged.

When you say "I am going through," it means precisely that. Do not camp out with your problems.

If problems determine your attitude, change your attitude and the problems will change.

If you have misplaced your emotions, it's time to find them.

You can determine your happiness if you choose to.

No matter what your situation may be, find something to celebrate.

Do not think an unfavorable mindset will produce a positive outcome.

One way to find happiness is to develop an attitude of gratitude.

Living in the moment helps eliminate missed opportunities due to distractions.

Choose your words wisely. The words you speak may help to determine your success or failure.

What you say about others is critical but more importantly is what you say about yourself.

Words can build and they can tear down.

Words create a world inside of the mind. If you are not careful, your world can become obscured. D. Shumate

A change in mindset can free you from frustration.

If worry is one of the leading causes of stress. Why worry?

There are times when you don't know when to let go.  
If you are suffering, it may be time.

Laughter is good for the heart and soul, do more of it.

You do not have to laugh alone. Create a bond and laugh  
with others.

Hard work is important but rest is too.

Lack of sleep affects the memory, so give your brain and  
rest for better health and more happiness.

Overworking creates imbalance and can set priorities in  
areas that may be superficial.

The Holy Spirit is our life source and once we connect with  
Him, we find rest for our souls.

Living in the moment helps eliminate missed opportunities.

The good qualities you possess overshadow the bad ones.

Speaking God's truth about the value inside of you promotes self-confidence.

It is not enough to merely speak words; you must believe the good and positive words you speak.

Consistently speaking what you want, creates habit,  
Habits activate change.

Negative thoughts are like tumbleweeds. They pick up more weeds as they blow. Stop them right away!

Take every vain thought captive.

Let go of your burdens and embrace a victorious life.

Letting go means releasing people, plans, or the old way of doing things to receive something new.

I don't think anyone wants to be around someone who wants to change them. Try changing your perspective about changing others.



Change is necessary for spiritual growth and  
newness of life.

If you are tired of repeating the same old mistakes, step  
out of your comfort zone and make new ones.

If you are involved in a destructive relationship, do not wait  
for him or her to change. You will need to change.

Fight against the emotions that resist making changes and  
make changes anyway.

Making small changes is good practice for making  
bigger ones.

Your thinking and speech should line up with your desires.

Embrace change for the potential good it can bring.

Accept change with gladness and look forward with  
confidence.

Change is a state of mind that one must sometimes  
fight for.

For centuries man has longed to define the meaning of love, however, it is so expansive that one cannot delineate its parameters.

Even with its vast meaning, love is many things but it is never unkind.

Agape love does not suppose or presuppose. It just does.

God's agape, unconditional love, is the greatest love of all.

To better understand  
love & its invincible  
qualities you  
must first know love.  
God is love.

*If you don't know the love of Jesus, you can ask Him  
into your heart and make Him your Lord and Savior.*

Many people are living beneath their potential due to unproductive thoughts. *Quotes for Power Thinking* contains original quotes from the book *10 Tips for Power Thinking*. These inspirational words of wisdom are designed to build your confidence, and lift your moral during difficult times. Create a habit and you will change your mind set for the better. Read *Quotes for Power Thinking* and *10 Tips for Power Thinking: (Maximize your Health & Happiness for an Empowered Life)*. This series is accompanied by the Power Thinkers Personal Development Guide (workbook) and the Power Thinkers Journal. Peggy Woods (Freeman) is also the CEO of Write Now Publishing Company, a professional writing and publishing firm.

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